



CITY OF NASHUA

Division of Public Health & Community Services

18 MULBERRY STREET • NASHUA, NH • 03060



Weekly Update - October 2, 2020

Dear Community Partners,

The Nashua Division of Public Health and Community Services (DPHCS) will continue to send weekly updates to inform our community on the current status of the rapidly evolving COVID-19 situation, the response efforts by the City of Nashua and Greater Nashua Public Health Network (GNPHN), and any additional updates related to the health and safety of our community. If you have any questions regarding the information in this email, please contact [Bobbie Bagley](#).

Nashua Mask Ordinance Updated

On Tuesday, September 22, the City of Nashua Board of Alderman voted to amend the City of Nashua Face Coverings Ordinance to include clarifications and enhancements that will support local businesses in carrying out safe practices while conducting business in Nashua.

City of Nashua Officials would like you all to know that they stand by businesses and are here to support them, especially through this challenging time. These measures have been put in place to protect our community and keep our Nashua employees both safe and healthy.

**NO SHIRT
NO SHOES
NO MASK
NO SERVICE**

Per City of Nashua Ordinance O-20-018 and O-20-029

Included in the supplemental regulations is the requirement for businesses to post signage (see below) indicating the face covering ordinance. The City of Nashua Division of Public Health and Community Services (DPHCS) has provided the attached signage, and although you are not required to post this specific sign, we encourage the use of this sign for consistent messaging. If any businesses are interested in printed copies, please email goodmanj@nashuanh.gov.

Found below are the ordinances O-20-018 and O-20-029 for reference. If businesses have any issues in regards to non-compliance, they can contact the Nashua Police Non-Emergency number at 603-594-3500. If anyone has any health-related questions related to COVID-19, you can call the Nashua COVID-19 Hotline at 603-589-3456. If you would like to schedule a free COVID-19 test, visit <https://www.nashuanh.gov/1383/Testing>.

[Ordinance Signage](#)

[Ordinance O-20-018](#)

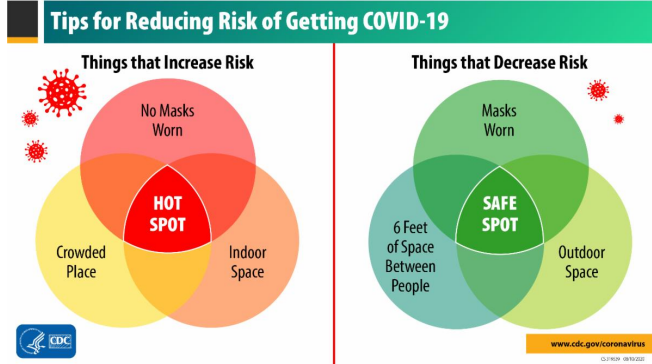
[Ordinance O-20-029](#)

Know your Risk: Be informed!

Yes. Businesses are open! Restaurants are open! Small weddings are taking place, but it is important to understand your risk

when you go out or choose to attend these events.

As communities and businesses are opening, you should resume your activities as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19. ([CDC](https://www.cdc.gov))



The risk of an activity depends on many factors, such as:

- Is COVID-19 spreading in your community?
- Will you have a potential close contact with someone who is sick or anyone who is not wearing a mask (and may be asymptomatic)?
- Are you at increased risk of severe illness?
- Do you take everyday actions to protect yourself from COVID-19?

Close contact with other people increases risk: The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. Consider the following:

How many people will you interact with?

- Interacting with more people raises your risk.
- Being in a group with people who aren't social distancing or wearing masks increases your risk.
- Engaging with new people (e.g., those who don't live with you) also raises your risk.
- Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

Can you keep 6 feet of space between you and others? Will you be outdoors or indoors?

- The closer you are to other people who may be infected, the greater your risk of getting sick.
- Keeping distance from other people is especially important for people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions.
- Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation.

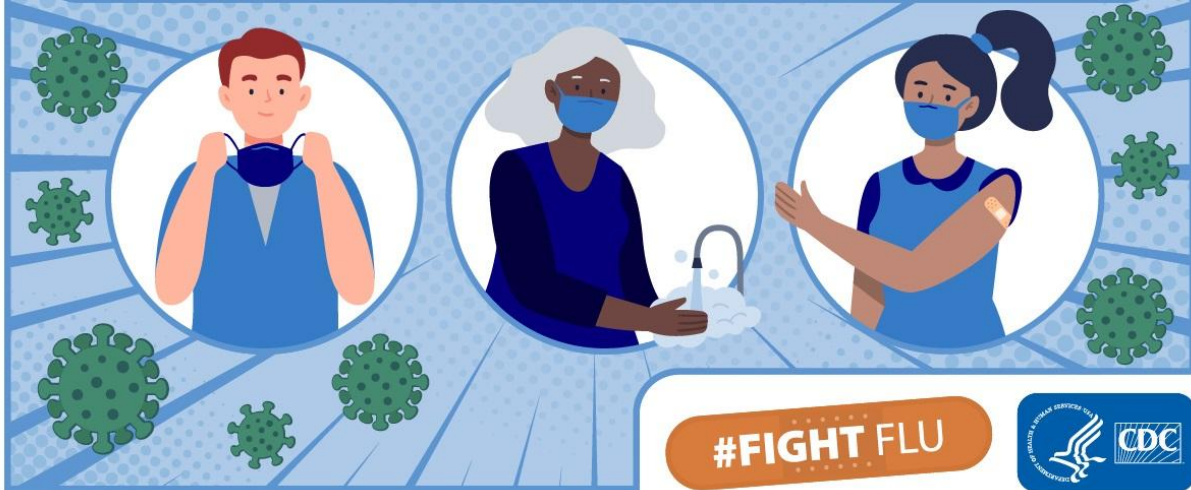
What's the length of time that you will be interacting with people?

- Spending more time with people who may be infected increases your risk of becoming infected.
- Spending more time with people increases their risk of becoming infected if there is any chance that you may already be infected.

When out, don't forget your mask, tissue and hand-sanitizer! For more information on how to manage your risk when going out, visit the [CDC website](https://www.cdc.gov).

Know Your Risk Grid

MASK UP, LATHER UP, SLEEVE UP



Flu Flyer (English)

Flu Flyer (Spanish)

Flu Flyer (Portuguese)

Equitable Access in Healthcare Delivery

In 2020, the CDC revised their framework for the 10 Essential Public Health Services (EPHS). Originally released in 1994, the framework describes public health activities for all communities to carry out.

The EPHS is a collaborative effort by the Public Health National Center for Innovations and the de Beaumont Foundation. Together, they convened a task force of public health experts to revise the framework to center around equity.

Organized around the three core functions of public health – **assessment**, **policy development**, and **assurance**, the framework allows health departments and community partners around the nation to organize their work, schools and programs of public health teach it, and it informs descriptions and definitions of practice. Because the public health landscape has shifted dramatically since its first iteration, many public health leaders agreed it was time to revisit how the framework can better reflect current and future practice and how it can be used to create communities where people can achieve their best possible health. [Learn more here.](#)



Defend your family against vaccine preventable diseases.



VISIT OUR MOBILE IMMUNIZATION CLINIC

Where?

Elm Street Middle School

When?

Tuesdays: 3pm to 6pm

Fridays: 10am to 12pm

NashuaNH.gov/DPHCS

603-589-4500



[Immu Flyer \(English\)](#)

[Immu Flyer \(Spanish\)](#)

[Immu Flyer \(Portuguese\)](#)

KNOW YOUR HIV STATUS

#SayYesToTheTest



Request a free HIV self-test kit by calling 603-682-2885.

NashuaNH.gov/STDProgram



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NASHUA DIVISION OF
Public Health Services
Department of Health and Human Services

[HIV Self-Testing Flyer \(English\)](#)

[HIV Self-Testing Flyer \(Spanish\)](#)

Get Tested for COVID-19

If you need a test for COVID-19, we are offering free

testing through a weekly clinic every Tuesday from 3 to 5 PM at the Elm Street Parking Garage (14 Elm Street, Nashua). This is a PCR test done with a nasal swab which is a quick and comfortable form of testing. Test results take from 48 to 72 hours to be returned.

[CLICK HERE TO MAKE AN APPOINTMENT](#)

For additional testing resources, [click here](#).

⚠️ SCHEDULE ONLINE!

COVID-19 TESTING

EVERY TUESDAY / 3 - 5 PM

Elm Street Parking Garage, Nashua



**Schedule a FREE
testing appointment!**

bit.ly/NashuaCOVIDTestingForm



We are only offering nasal swab PCR testing at this time. For antibody testing options, please visit our website at www.NashuaNH.gov/COVID19.

Bobbie D. Bagley

Director, City of Nashua Division of Public Health and Community Services

Click here for the latest State of NH COVID-19 updates

Click here to visit the Nashua COVID-19 Website

ACCESS LOCAL RESOURCES, TESTING INFORMATION, A PDF OF THE NEWSLETTER, & MORE!

Nashua COVID-19 Hotline: 603-589-3456

[Greater Nashua Data Dashboard](#)

[CDC Resources \(English\)](#)

[CDC Resources \(Spanish\)](#)

WE'RE ON AIR

PUBLIC HEALTH RADIO HOUR

ALL THE THINGS YOU WANT TO KNOW AND SOME YOU DON'T.

**TUNE IN WEEKLY TO WSMN RADIO 1590 AM AND 95.3 FM
FRIDAYS 10 - 11 AM**



Nashua Division of Public Health and Community Services

Greater Nashua Public Health Network

www.NashuaNH.gov/DPHCS

